

October Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/seniorservices

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$5.00 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>			
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
1 Mushroom Swiss burger Carrot Salad Midwest Baked Beans Peach Crisp	2 Roast Turkey Mashed Potatoes Mixed Vegetables Mandarin Oranges Supper – Supper Club	3 Hearty Beef Stew Chilled Pears Cookie	4 Tomato Soup Old Bay Chicken Breast Pepper Slaw Sliced Apples
8 Chicken Marbella Yellow Rice Pilaf Green Beans Diced Pears Yogurt	9 Salisbury Steak Seasoned Greens Chickpea & Barley Salad Apple Crisp No Supper - Sign-up for Tasty Tuesday: Hispanic Heritage	10 Tomato Soup Grilled Chicken Pasta Salad Baby Spinach Corn Muffin Mandarin Oranges Butterscotch Pudding	11 Lunch with Nurse Steve Sign-Up by October 3 Ham & Swiss Cheese Sandwich Greek Style Salad Steamed Carrots Diced Peaches Dessert
15 Chicken Fajitas Pico De Gallo Fiesta Black Beans Cucumber Salad Cookie	16 Oktoberfest Lunch Sign-up by October 8 Bratwurst Braised Red Cabbage Mashed Potatoes Waldorf Salad, Cake Supper – Fried Chicken	17 Cheeseburger Coleslaw Apricot Halves	18 Turkey Vegetable Stew Fresh Spinach Grape Tomatoes Corn Muffin Cinnamon Apples
22 Roasted Pork Loin Tomato Basil Salad Broccoli Casserole Mashed Potatoes Diced Pears	23 Chicken and Beef Jambalaya Steamed Baby Carrots Peach Crisp Tapioca Pudding Supper - Pancakes	24 Baked Ham Green Beans Mac and Cheese Broccoli Slaw	25 Spaghetti & Meatballs Romano Blend Vegetables Chickpea Salad Mandarin Oranges
29 Open Face Turkey Sandwich Mashed Potatoes Harvard Beets Copper Pennies Fruit Cup	30 Beef Stroganoff Mixed Vegetables Tropical Fruit Cookie Supper - Pizza	31 Baked Potato Bar Sign-up by October 23 Baked Potato Chili Con Carne Spinach Salad, Grape Tomatoes Cheddar Cheese	Nov. 1 Meatloaf Mashed Potatoes Peas & Pearl Onions Mandarin Oranges

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/Cancellations

Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

Cost

The current cost is approximately \$5 per participant per meal. The Senior Services Division must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County". Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/seniorservices
The menus are subject to change.

Transportation: Monday, Wednesday, Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:30 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:15 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area and staff availability.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.